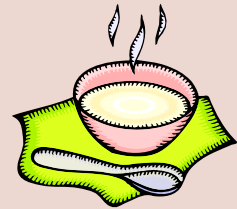


## 10 of the Healthiest 100-Calorie Snacks

These 10 healthy 100-calorie snacks are tasty and convenient, and perfect to stash in your desk drawer, fridge, or car -- wherever hunger pangs hit you. The best part is that they help to curb your appetite for hours because they're high in filling fiber or satisfying protein.

- 1. Midmorning Fill-Up:** Just add hot water to a 100-calorie packet of McCann's Instant Cinnamon Roll Irish Oatmeal, which smells amazing and comes sweetened with Splenda. No doughnut guilt, and there's a bonus: 3 grams of filling, cholesterol-fighting oat fiber.



- 2. Peanut Butter and Crackers:** Make sandwiches out of six All-Bran Multi-Grain Crackers (45 deliciously crunchy calories) and 1 1/2 teaspoons peanut butter (45 smooth calories). You'll get about 2 grams of fiber and a little healthy fat.
- 3. Apple Mousse:** Mix a cup of unsweetened applesauce (50 calories) with 3 tablespoons of fat-free nondairy topping (45 calories), and 1/4 teaspoon of cinnamon. Make a batch and refrigerate in portable snack cups. Supplies 20% of your daily vitamin C and counts as one serving of fruit. Sweet.
- 4. Veggies and Dip:** Flavor ready-to-eat veggies from the produce section -- which have almost no calories -- with a dip: 2 tablespoons of hummus (60 calories) or light ranch dressing (80 calories). For the veggies, think broccoli and cauliflower florets, baby carrots, snap peas, pepper strips, baby squash -- all of them filled with fiber, vitamins, and protective phytonutrients.

- 5. Cafe Mocha:** Stir a packet of Swiss Miss No Sugar Added Hot Chocolate mix (60 calories) into hot coffee for an instant after noon pick-me-up that only tastes decadent. It actually delivers 30% of your calcium, 6% of your iron, and even a gram of fiber. Add a splash of low fat milk for more goodness. Compare that to 200 calories for the smallest Starbucks Caffé Mocha (2% milk, no whip), with 6 grams of fat.



- 6. Mexican Potato:** Microwave a medium potato and slice in half (80 calories). Save one piece for tomorrow. Mash the other half inside the potato skin and top it with 2 tablespoons of salsa (10 calories). Eat the whole thing, including the skin. Warm, spicy, satisfying and 2 grams each of protein and fiber, some vitamin C, plus a little iron.

**7. Finger Food:** 1/2 cup of quick-cooked frozen soybeans (about 95 calories) makes a great nibble. They're serving you 8 grams of protein, 4 grams of fiber, and lots of minerals.

**8. Snack on a Mini meal:** When you're starving but trying to hold back, try this: Wrap a Morningstar Farms Vegan Burger (100 calories), a tomato slice, hamburger pickles, and a little mustard or ketchup in lettuce leaves instead of bread. The 10 grams of protein will keep you filled till it's really mealtime.

**9. Happy Hour Combo:** Mix 1/2 cup of tomato juice (22 calories) with 1/2 teaspoon Worcestershire sauce, 2 drops of Tabasco sauce, and a dash of lemon juice. Serve over ice with a celery stick and about a dozen dry roasted peanuts (about 60 calories).

**10. Healthy Confetti Crisps:** If chips are your downfall, make a batch of these RealAge Crisps and divide into 6 portions (95 calories each). Munch through a bag while sipping your club soda and lime. Remember to enjoy the good fat from the olive oil and the fiber and vitamins in the veggies -- these taste so good, you may forget they're healthy.

#### REALAGE CONFETTI CRISPS

6 servings, 95 calories each  
2 tablespoons olive oil  
1/2 teaspoon garlic salt  
1/2 teaspoon dried dill weed  
1/8 teaspoon pepper  
1 cup each of peeled and thinly sliced  
potatoes, carrots, and parsnips



Mix the oil and seasonings together, add the vegetables, and toss to coat. Arrange in a single layer on a baking sheet lightly sprayed with olive oil. Bake at 350 degrees Fahrenheit for 20–25 minutes or until crisp and golden brown.

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